What Your Child Will Receive Each Month

4 gallons whole milk
  or 3 gallons whole milk, 32 oz whole milk yogurt, and 1 lb cheese
  or 3 gallons + 1 quart whole milk and 1 lb cheese

36 oz breakfast cereal

2 lb whole grains - choice of 100% whole wheat bread, pasta or tortillas; brown rice; corn tortillas; oats or oatmeal; or bulgur (cracked wheat)

128 oz fruit juice

1 dozen eggs

1 lb dry beans or four 16 oz cans of beans

$9 for fruits and vegetables

Note: WIC is a supplemental nutrition program. WIC does not provide all of the food your child needs.